



# WIC Informer

## Infant



How do I report a problem or illness caused by an infant formula? If a consumer has a general complaint or concern about a food product including an infant formula, FDA is the appropriate agency to contact. These problems, complaints, or injuries can be reported in writing or by telephone.

If you think your infant has suffered a serious harmful effect or illness from an infant formula, your health care provider can report this by calling FDA's MedWatch hotline at 1-800-FDA-1088 or by using the website [www.fda.gov/medwatch/report/hcp.htm](http://www.fda.gov/medwatch/report/hcp.htm)

The MedWatch program allows health care providers to report problems possibly caused by FDA-regulated products such as drugs, medical devices, medical foods and dietary supplements. The identity of the patient is kept confidential.

Consumers may also report an adverse event or illness they believe to be related to the use of an infant formula by calling FDA at 1-800-FDA-1088 or using the website [www.fda.gov/medwatch/report/consumer/consumer.htm](http://www.fda.gov/medwatch/report/consumer/consumer.htm). FDA would like to know when a product causes a problem even if you are unsure the product caused the problem or even if you and the baby do not visit a doctor or clinic.

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## Pregnancy

**Bad advice for colds and flu:** "Don't drink milk because it'll make more mucus."

**Better Advice:** Continue to drink milk. The fluids and nutrition will do you and your baby good. Studies have disproved the old myth that dairy products increase mucus production, though a filmy coating on your tongue may make you think they do.

## Breastfeeding

### Breastfeeding and Obesity

A recent study revealed that breastfed babies are less likely to be overweight later in life. When research from several years was studied, one piece showed a 30 percent reduction in obesity rates of breastfed babies (Journal of Human Lactation – Feb 2003). This may be due to many things such as: breastfed babies learn early on how to control their appetite and are less likely to be overfed; they may also have changes in their bodies that make them better able to maintain ideal weight later in life. Other things that contribute to childhood obesity, like having heavy parents and unhealthy diets, are more likely to predict it but breastfeeding may still play an important part.

### World Breastfeeding Week

Please join La Leche League and the Boise WIC program at a World Breastfeeding Week Walk on Saturday August 9<sup>th</sup> from 1-4pm at Municipal Park with a barbeque and fun to follow. Call 672-8845 for more information.

### Western Idaho Fair

Don't miss the Rock and Relax Tent at the Western Idaho State Fair. This is a quiet and cool place to feed and change your baby. Central District Health Department employees will be volunteering on one of the days, so come and say hello.

## Toddler / Child

I tried to teach my child with books, he only gave me puzzled looks. I tried to teach my child with words, they passed him by oft unheard. Despairingly I turned aside. "How should I teach this child?" I cried. Into my hands he put the key. "Come" he said, "play with me."

*Author - Anonymous*

## Children's Health Alert

### OBESITY

There is a disease that is going to surpass smoking as the #1 most preventable disease in the United States, and your children may be at risk. This disease could cause type 2 diabetes in a child as young as 10 years old. It could also cause heart disease, hypertension and some cancers. These kids are at greater risk for discrimination, low self-esteem, and depression. This disease is known as *obesity*. Obesity in children is rising to larger numbers than we have ever seen before. By definition, your child (2 years old or older) is overweight if their BMI (body mass index) is above the 95<sup>th</sup>%. Body mass index is a number calculated from a person's height and weight that is useful for assessing body weight status and health risk. A BMI of over 85<sup>th</sup>% means your child is at risk for becoming overweight. The Central District Health Department WIC program is focusing its nutrition education in 2003 on this epidemic.

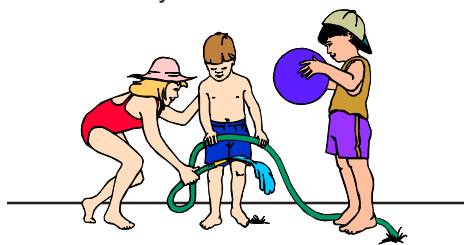


### What can I do to help my kids?

1. Be more active as a family by walking and playing together.
2. Watch less T.V. – This is a very sedentary pastime and kids and parents tend to over eat in front of the television.

*Cont...*

3. Don't skip meals – Children who eat more times per day are less likely to be overweight.
4. Change your parenting style: The more control the parents have in how much a child eats, the more likely that child is unable to regulate their own appetite and to be either overweight or under weight. It is the parents (or caregivers) responsibility to make and offer nutritious meals and snacks at regular times. Each child should be allowed to eat as little or as much as they want regardless of their body size.



### Building Children's Support Assets

All young people – no matter what their age – need support from caring and loving people. Here are ideas on how to build support assets for children and youth as they grow up.

#### Age 0-1:

- Smile at every infant you see.
- Spend as much time as possible holding babies and interacting with them.

#### Ages 1-2:

- Say "yes" to children more often than "no".
- Cheer children on as they master new skills. Comfort and guide them when they become frustrated.

#### Ages 3-5:

- Get down to children's eye level whenever you interact with them.
- Encourage children's thinking abilities by taking them to new places, such as a bird sanctuary, a dairy, or a concert designed for young children. Let them experience sounds, sights, tastes, textures and smells.
- Play with children, letting them choose the activity.

#### Ages 6-11:

- Encourage children's passions and interests.
- Answer children's questions. If you don't know the answer, admit it and work together to find it.
- When you and a child disagree, show you still care, and encourage other adults to do the same.

#### Ages 12-15:

- Be available to listen.
- Affirm independence and interdependence. People need each other.

#### Ages 16-18:

- Find out what teenagers care about, write or speak in favor of their cause.
- Ask teenagers for their opinion or advice.
- Continue to show affection to teenagers by spending time with them – even if you're not doing or talking about anything special.

### WIC Offices

The Ada County WIC office is currently serving 4,200 clients per month. The Elmore County WIC office is currently serving 1,030 clients per month. The Boise County WIC offices are currently serving 84 clients per month and the Valley County WIC office is currently serving 151 clients per month. This means that when we schedule you into an appointment, it is *very important* that you come to your appointment on time, or cancel with a 2-hour notice so that we can fill your appointment with someone else. Our appointments are scheduled back to back, so there is no time between appointments. Often, when staff is seeing you out the door, they are picking up a chart and calling another client back to their office. If you are late to your appointment, you may be told that we are not able to see you today, and if your appointment is a certification appointment, and we have a waiting list, you may be placed on that list. (At the Boise clinic, we are currently removing people

who were added to the waiting list in March 2003). We are calling everyone the day before their scheduled appointment to remind them of their appointment and to tell them who to bring or what to bring to that appointment. This is why it is very important to call us if your address or phone number changes. If you move out of our district (Ada, Boise, Elmore or Valley Counties) but within the State, we will need to transfer your WIC benefits. If you are moving out of the state, contact us first for transfer paperwork. This helps to speed up your WIC benefits at the clinic in your new state. If you have any questions, please do not hesitate to ask your WIC staff.

### WIC Recipe

## Breakfast in Minutes

Stir chopped almonds and raisins into low-fat cottage cheese. Spread on toasted bagel halves.

Blend skim milk, low-fat yogurt and fruit for a smoothie.

Stir leftover rice into beaten eggs. Cook scrambled in a non-stick skillet. Top with cheese. Tuck into a pita bread half or roll up in a tortilla.

Spread a slice of whole wheat bread with peanut butter; add half of a sliced banana on top. If desired, drizzle top with a small amount of honey.

Mix leftover rice, low-fat yogurt, chopped dried fruit, nuts and cinnamon for a breakfast rice pudding.

Fill pita bread with cheese and lean meat, warm to desired temperature.

Mix plain low-fat yogurt, granola, and raisins for a breakfast sundae.

Make an egg salad sandwich on whole wheat bread.

Make a peanut butter and applesauce sandwich on whole wheat bread.